

## Washington County

Contact: Chrystal Woller, Public Health Program Director Washington County Public Health 319-653-7758 [cwoller@washph.com](mailto:cwoller@washph.com)

Edie Nebel, Public Health Administrator Washington County Public Health 319-653-7758 [nebel@washph.com](mailto:nebel@washph.com)

Lynn Fisher, Public Health Nurse Washington County Public Health 319-653-7758 [lfisher@washph.com](mailto:lfisher@washph.com)

Jeff Thomann, Environmental Health Director (data) 319-653-7782 [jthomann@co.washington.ia.us](mailto:jthomann@co.washington.ia.us)

### Community Health Needs Assessment Snapshot

#### Promote Healthy Behaviors

##### Problems/Needs:

- Measures of Birth (Washington County): No care in the first trimester was documented at 15.9 % and the target is documented at 10%. Low birthweight babies were documented at 5.6% and the target is 5%. Premature births less than 37 weeks were documented at 9.10% and the target is less than 8%. Infant mortality rate was at 7.3, with a target of 4.5.
- Measures of Death (Washington County): The death rate due to colon cancer was documented at 25.2. This was higher than the national average and the target is documented at 13.7.
- Measures of Death (Washington County): The death rate due to Coronary Heart Disease was documented at 183.7; this is higher than the national rate and the target which is set at 162. Risks of premature death: too few fruits and vegetables eaten by 82.7% of adults; lack of physical activity (no exercise) accounts for 22.4% of adults.
- Measures of Death (Washington County): The death rate due to suicide was documented at 11.5; this is higher than the national rate and the target which is set at 4.8.
- Obesity: The state of Iowa documents that 64.30% of adults are overweight; the United States is documented at 63.0%. The percent of IA children that are considered obese is at 26.5%. According to a local BMI assessment of K-5th grade, 34% of students are at risk/overweight. 25% of Iowa adults report physical inactivity and 50% of Iowa high school students are not meeting the recommended physical activity level. In Washington County, the number of people self-reporting that they have not consumed 5 or more portions of fruits and vegetables each day is at an alarming 94% and 96% respectively. Percentage of adults in Iowa with diabetes and high blood cholesterol is documented at just over 60%.
- Youth Access to Substances: 47% of Washington County youth state they have access to cigarettes, alcohol, marijuana, methamphetamines, other stimulants (uppers), and any other illegal drug. 32% of Washington County youth have consumed alcohol for the first time between the ages of 8-17 years of age.
- Adult gambling in Iowa is documented at 35.8%. Washington County youth gambling is documented at 20%.
- Teen pregnancy in Washington County rose 35.9% from 2000 to 2008. 30% of teens in Washington County report that they do not have self-esteem. 52% of teen state they have been bullied at school in the last 30 days.

## Prevent Injuries

### Problems/Needs:

- 102 cases of child abuse have been documented in Washington County from 2006-2009. 14% of youth 6th-11th grade have made a plan or attempted suicide. 2002-2006 there have been 10 suicides (all ages) documented in Washington County.
- Unintentional injury deaths in Washington County 2002-2006: Drowning <5, Poisoning <5, Burns <5, Falls 17, Firearms 6, MVA 16. In 2003, it was documented that there were 27 total farm related injuries in Washington County. 1 death was documented to be related to a farm related injury.

## Protect Against Environmental Hazards

### Problems/Needs:

- There are 3,500 rural residential homes; 71% have unpermitted wastewater systems.
- 4% of children tested for lead in Washington County are at or above 10 mcg/dl.

## Prevent Epidemics and the Spread of Disease

### Problems/Needs:

- 2002-2006 in Washington County there were 52 deaths due to pneumonia/influenza.
- Washington County's 2008-2009 Chlamydia, Gonorrhea and Syphilis cases make up less than 1% of the State of Iowa's Chlamydia, Gonorrhea and Syphilis cases.
- 3 cases of enteric disease were identified in 2008-2009 in Washington County, which again is a very small fraction of the state of Iowa.
- There were 0 documented cases of active TB in Washington County in 2009.

## Prepare for, Respond to, and Recover from Public Health Emergencies

### Problems/Needs:

None identified

## Strengthen the Public Health Infrastructure

### Problems/Needs:

- In 2010, the unemployment rate increased in Washington County to 5.9 (up from 4.2). 38% of Washington County residents are uninsured or are enrolled in state sponsored insurance coverage.
- The percent of Washington County's population that has less than 12 years of education is at 17.5% (up 3.6% from the state of Iowa). Four or more years of college is at 16.4% (Iowa is documented at 21.2%)
- Washington County is considered a federal health professional shortage area<HPSA> (in the Medicaid population) for Dental services.
- Washington County is considered a federal health professional shortage area (HPSA) for Mental Health services dues to geography. Washington County does not have any practicing pediatricians on staff at local clinics (The national median is 1).

## Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
By December 31, 2011, Washington County will demonstrate a collaborative initiative that addresses obesity in Washington County.	Create a taskforce to bring together county citizens and stakeholders.	Washington County Public Health (Lynn Fisher)/Private Business Representative	01/01/2011
	Utilize joint planning to create an annual work plan or action plan.	Taskforce members.	1/1/2011
	Pursue grant funding to create and sustain new initiatives.	Taskforce members.	Ongoing
	Commit to utilize interventions that have been "proven to be successful" or "evidence-based".	Taskforce members.	Ongoing
	Use mass media to raise awareness of obesity prevention strategies and to disseminate messages promoting optimal nutrition and the benefits of physical activity.	Taskforce members.	Ongoing
	Utilize surveillance and monitoring of Body Mass Index to establish consistence baseline data, assess progress and measure success.	Taskforce members.	Begin in 2011
	Promote and develop wellness policies to sustain change at the systems and organizational level.	Taskforce members.	1/1/2012
	Advocate for environments that support healthier lifestyle choices.	Taskforce members.	1/1/2011
	Provide educational opportunities on healthy eating	Taskforce members.	12/31/2011
	Create student-led gardens	Taskforce members.	12/31/2014
	Develop tools and resources for workplaces to implement breast-feeding friendly policies	Taskforce members.	12/31/2013
	Celebrate workplaces that support breastfeeding	Taskforce members.	12/31/2013

	Advocate for and support policies that are consistent with the Baby Friendly Hospital Initiative ©	Taskforce members.	12/31/2013
	Create policies with local concession stands to provide "better for you" snacks options	Taskforce members.	12/31/2012
	Establish partnerships with local growers to implement new, school-based initiatives that increase availability of fresh produce at schools.	Taskforce members.	12/31/2014
	Conduct a nutrition assessment of a local restaurant, grocery store, convenience store or vending machines using the NEMS tool.	Taskforce members.	12/31/2012

Goal	Strategies	Who is responsible?	When? (Timeline)
By December 31, 2015, at least 3 new initiatives will be implemented to promote daily physical activity for Washington County residents.	Create and implement policies that limit screen time in licensed child care facilities	Taskforce members.	12/31/2014
	Develop an awareness campaign to educate parents/caretakers about the hazards of inactivity due to screen time	Taskforce members.	12/31/2011
	Conduct a county-wide "TV Turn-off Challenge" to educate citizens and facilitate changes in personal behavior	Taskforce members.	12/31/2011
	Create and implement a district-wide policy supporting daily physical education classes in Washington County schools	Taskforce members.	12/31/2013
	Create partnerships to support the purchase of necessary physical education equipment	Taskforce members.	12/31/2012
	Increase access to physical activity opportunities in the community.	Taskforce members.	12/31/2013
	Develop a central repository of physical activity resources	Taskforce members.	12/31/2013
	Assess the feasibility of implementing Safe Routes to School © in one Washington County community.	Taskforce members.	12/31/2011
	Promote Lighten Up Iowa © to Washington County residents	Taskforce members.	12/31/2012

Goal	Strategies	Who is responsible?	When? (Timeline)
By December 31, 2011 collaborate with the Washington County Trails Council to implement 2 new strategies to increase the "walkability" and "bikeability" of Washington County.	Assess county trail usage via electronic monitoring equipment	Taskforce members in collaboration with Trails Council.	12/31/2013
	Promote trail connectivity from one community to another	Taskforce members in collaboration with Trails Council.	12/31/2011
	Implement a public awareness campaign, featuring free or low cost physical activity using local recreation options	Taskforce members.	12/31/2013
	Promote Walk/Bike to Work Week to Washington County residents.	Taskforce members.	12/31/2011

Goal	Strategies	Who is responsible?	When? (Timeline)
By December 31 2011, Washington County will demonstrate a collaborative initiative that results in an enhancement of adolescent health	Create a healthy youth taskforce and bring together interested citizens to improve the coordination of adolescent health resources	MECCA representative and Chrystal Woller, Washington County Public Health	12/31/2011
	Assure youth representation on the developed taskforce	SAFE solutions for Washington County Youth coalition.	12/31/2011
	Encourage joint planning to create annual taskforce action plans	SAFE solutions for Washington County Youth coalition.	12/31/2011
	Pursue grant funding to create and sustain community-wide initiatives related to adolescent health.	SAFE solutions for Washington County Youth coalition.	Ongoing
	Utilize proven programs and practices for successful adolescent health outcomes	SAFE solutions for Washington County Youth coalition.	Ongoing
	Promote consistent adolescent health prevention messages via local media venues.	SAFE solutions for Washington County Youth coalition.	12/31/2011

Goal	Strategies	Who is responsible?	When? (Timeline)
By December 31, 2015, Washington County will adopt four new initiatives that promote protective factors among youth to decrease teen pregnancy and sexually transmitted diseases.	Advocate for and explore the feasibility to implement service learning programs that include volunteer opportunities with time built into the activity for reflection and learning	SAFE solutions for Washington County Youth coalition.	12/31/2013
	Explore the feasibility of establishing mentoring programs	SAFE solutions for Washington County Youth coalition.	12/31/2013
	Advocate for the implementation for on-going after school activities that are linked with community resources (schools, churches, synagogues, etc.) to engage youth	SAFE solutions for Washington County Youth coalition.	12/31/2012
	Provide supervised volunteer community service opportunities/activities for youth	SAFE solutions for Washington County Youth coalition.	12/31/2014
	Implement programs that promote abstinence from substance abuse	SAFE solutions for Washington County Youth coalition.	12/31/2014
	Advocate for the implementation of child/parent connectedness educational programs	SAFE solutions for Washington County Youth coalition.	12/31/2013
	Advocate for programs designed to improve access and/or provide comprehensive sexuality education	SAFE solutions for Washington County Youth coalition.	12/31/2012
	Develop, implement, revise policies to assure teens have received instruction in technically/medically accurate and up to date basic reproductive health (e.g. growth, development and maturation)	SAFE solutions for Washington County Youth coalition.	12/31/2012



Goal	Strategies	Who is responsible?	When? (Timeline)
By December 31, 2015, at least 4 Washington County educational institutions or child care organizations will develop and implement a bullying prevention policy	Inventory educational institutions and child care organizations current policies/practices that promote an all-inclusive bullying prevention program	SAFE solutions for Washington County Youth coalition.	12/31/2011
	Develop tools and resources for educational institutions and child care organizations encouraging bullying prevention strategies	SAFE solutions for Washington County Youth coalition.	12/31/2011
	Promote and encourage the concept of shared responsibility between parents and schools assuring an environment characterized by firm limits against unacceptable behavior as well as warmth, positive interest and involvement with adults	SAFE solutions for Washington County Youth coalition.	12/31/2013
	Increase awareness and knowledge of problems related to bullying as well as dispel myths about the causes of bullying	SAFE solutions for Washington County Youth coalition.	12/31/2011
	Engage youth in discussions about solutions to bullying	SAFE solutions for Washington County Youth coalition.	12/31/2011
	Promote training and continuing education in bullying prevention strategies for educators, faith-based community representatives, parents and health professionals	SAFE solutions for Washington County Youth coalition.	12/31/2011

Goal	Strategies	Who is responsible?	When? (Timeline)
By December 31, 2015 Washington County adolescents who state that they have made a plan or attempted suicide will decrease by 50%.	Implement programs that build problem solving and conflict resolution skills	SAFE solutions for Washington County Youth coalition.	12/31/2013
	Promote public awareness that suicide is preventable	SAFE solutions for Washington County Youth coalition.	12/31/2013
	Implement programs that promote abstinence from substance abuse	SAFE solutions for Washington County Youth coalition.	12/31/2012
	Expand awareness of and enhance resources in Washington County for suicide prevention programs and mental health/substance abuse assessment and treatment	SAFE solutions for Washington County Youth coalition.	12/31/2013
	Develop and implement strategies to reduce the stigma associated with mental illness, substance abuse, suicidal behavior and accessing services	SAFE solutions for Washington County Youth coalition.	12/31/2014
	Develop and implement effective training programs for community members on how to recognize, respond to and refer people showing signs of suicide risk	SAFE solutions for Washington County Youth coalition.	12/31/2014
	Develop and implement programs that restrict the access to highly lethal methods of suicide	SAFE solutions for Washington County Youth coalition.	12/31/2015